

MHDS SERVICES

FEDERAL AND STATE PROGRAMS

Nevada Division of Mental Health and Developmental Services (MHDS) operates programs to ensure the safety of Nevadans with behavioral health issues including mental illness, developmental disability, and substance abuse. MHDS is divided into three types of agencies: Mental Health, Developmental Services, and the Substance Abuse Prevention and Treatment Agency (SAPTA).

MENTAL HEALTH

Primary mental health funding sources include State General Funds, fees to clients, and also reimbursement by Title XVIII Medicare and Title XIX Medicaid. Some programs below are funded by other specifically mentioned federal grants. The following is a key to the various Mental Health Agencies that perform the below mentioned services:

MENTAL HEALTH AGENCIES

- 1) Northern Nevada Adult Mental Health Services (NNAMHS) in Sparks
- 2) Southern Nevada Adult Mental Health Services (SNAMHS) in Las Vegas
- 3) Rural Clinics (RC) in less populated counties
- 4) Lake's Crossing Center for the Mentally Ill Criminal Offender (LCC) in Sparks

Psychiatric Hospitalization – Hospitalization is the most intensive form of treatment provided for people in an acute episode of their mental illness. Generally, it is the service of last resort for those consumers who are a danger to themselves or others. Length of stay is usually a few days to three months. NNAMHS, SNAMHS

Psychiatric Emergency Services –There are two units at each of the two hospitals: PAS (Psychiatric Assessment Service) is the intake and screening point for all services and offers initial assessment and referrals to Outpatient services. If the consumer is acutely and severely ill enough, they may be referred to the second unit, or POU (Psychiatric Observation Unit). The POU offers rapid screening and stabilization for consumers in an acute psychiatric crisis. The stay is generally limited to 72 hours or less. Sixty five percent of those who reach the POU are released back to the community, with referrals, without need of hospitalization. NNAMHS, SNAMHS

Outpatient Psychiatric Services – Often referred to as Medication Clinic, this service provides psychiatric medication and monitoring, education and pharmacy services to consumers with a wide variety of diagnosed mental illnesses such as bipolar disorder, schizophrenia, depression and post-traumatic stress disorder. Clinics are staffed with Psychiatrists, Advanced Practice Nurses, Nurses, Pharmacists and Pharmacy Technicians. Consumers are living in the community. NNAMHS, SNAMHS, RC

Outpatient Counseling – Group and individual therapy sessions, depending on the needs of the client, teach consumers how to manage their impulses and emotions. NNAMHS, SNAMHS, RC

Consumer Assistance Program / Drop-in Centers – Peer run programs offer people with mental illness the opportunity to connect with others who are on the path of recovery. Specially trained consumers run groups, provide education, and teach advocacy. The drop in centers, run by the consumer services assistants, provide a location for people recovering from mental illness to connect with one another and build relationships. They also provide an entry point to other services. This program is partially funded by Community Mental Health Services (CMHS) Block Grant. NNAMHS, SNAMHS, RC

Mental Health Court – Mental Health Court is a collaboration between Mental Health and the Criminal Justice system. This program provides opportunity for people with misdemeanor and minor felony criminal charges who would benefit from psychiatric treatment to be diverted from the standard criminal justice system if they participate in treatment. It is a service coordination model with caseload size of 1/25, ensuring consumers obtain benefits, comply with court ordered treatment, medication and substance abuse recovery. NNAMHS, SNAMHS, RC

Mobile Crisis Team (MCT) – This specialized unit works with Las Vegas area hospital emergency departments. The Team is comprised of licensed clinical social workers who travel to local Emergency Rooms (ER) to evaluate patients on involuntary holds and when feasible, develop safe discharge plans to allow the ER to discharge the person back to the community. This service averts unnecessary psychiatric hospitalizations, saves ER personnel time and reduces the numbers of psychiatric patients in the ER. SNAMHS

Mobile Outreach Safety Team – This is a specialized program, staffed with two LCSW's from NNAMHS, in collaboration with local law enforcement agencies (Reno, Sparks, Washoe County) to offer psychiatric services to homeless mentally ill and those with mental illness who bring themselves to the attention of law enforcement. This helps prevent increasing numbers of mentally ill from being housed in the jail and assists with enrolling them in appropriate services. NNAMHS

Psychosocial Rehabilitation – Designed to assist consumers to recover their ability to perform activities of daily living, social activities and employment related skills. NNAMHS, SNAMHS, RC

Residential Support – Offered in conjunction with other services, the goal of this program is to assist those living with severe mental illness to remain in a community living situation. The program includes rent and utility assistance and assistance with activities of daily living based on the individual consumers' particular needs. This program is funded in part by the HUD Shelter Plus Care Grant and also the Olmstead Grant (the Olmstead Grant is received by the Nevada DHHS Director's Office and then given to MHDS through a contractual arrangement). The remaining resources come from general fund. NNAMHS, SNAMHS, RC

Projects for Assistance in Transition from Homelessness (PATH) Grant – This program targets homeless, or those at risk of becoming homeless, individuals access mental health services, apply for housing assistance, and/or maintain current housing. This program is funded through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). MHDS contracts with three private providers throughout the state to meet the program objectives.

Service Coordination – This service assists people with mental illness in obtaining the benefits and coordinating the services available to them throughout the community. The Service coordinator offers coaching and supports to keep the consumer engaged in treatment and recovery. The caseload guideline is 1/35. NNAMHS, SNAMHS, RC

Intensive Service Coordination – This is similar to service coordination, but is limited to serving people who have a mental illness and have committed a felony offense, those deemed incompetent to stand trial, as well as those released from the corrections system after they have served their sentence. Clients are provided coordination of care specific to housing, medication management, obtaining benefits, and community resource assessment. This service is funded primarily with State General Funds. SNAMHS

Program for Assertive Community Treatment (PACT) – This Program for Assertive Community Treatment services is based on the Evidence Based Practice (EBP) developed in Wisconsin and implemented across the globe. Sometimes described as a hospital without walls, this service provides intensive support to people (caseload ratio of 1/12) with mental illness who have a history of high use of emergency, hospital and law enforcement services. The teams work in an interdisciplinary manner to support consumers in living in the community, adherence to their medication program and employment rehabilitation. NNAMHS, SNAMHS

Senior Mental Health Outreach Program – This service provides case management and outreach to seniors with a diagnosed mental illness. This is currently funded by an Independent Living Grant. NNAMHS, SNAMHS

Co-occurring Disorders Programs – Specializes in services for people with both mental illness and substance abuse problems. Includes group treatment and education and coordinates with outpatient psychiatric services. The NNAMHS model is integrated into the outpatient services and includes an Intensive Day Treatment Program. The SNAMHS model is funded by the MHDS SAPTA agency and is contracted out to a community provider. NNAMHS, SNAMHS

Community Triage Centers – MHDS's Community Triage Centers are operated by a private non-profit provider, and funded through a cooperative agreement between MHDS, the counties in which they operate (Washoe in the north, and Clark in the south), and also local hospitals. The centers provide short-term (maximum three day) residential and medical services primarily for individuals with alcohol/substance abuse problems. The purpose of the centers is to serve as an alternative to local emergency rooms for individuals who do not meet the criteria for involuntary commitment but require brief detoxification and assessment/referral for co-occurring disorders. NNAMHS, SNAMHS

Forensic Mental Health Services – Lake's Crossing Center (LCC) facility provides statewide forensic mental health services in a maximum security facility to mentally disordered offenders who are referred from the court system so their competency can be restored. LCC is Nevada's only facility for this purpose and, therefore, serves people from throughout the state. On the MHDS Campus in Sparks, evaluations are done to determine capacity for restoration of legal competency to stand trial and for treatment of clients adjudicated Not Guilty by Reason of Insanity (NGRI) so they may return safely to the community. LCC also staffs the Sex Offenders' Certification Panel and the Community Tier Reconsideration Panel with a licensed Psychologist. LCC is also charged with certifying all Forensic Examiners throughout the state. LCC is largely funded by State General Funds, with a small amount coming from county reimbursements. LCC also provides fee-based assessments to consumers in detention facilities.

Psychiatric Residency – This program is run in conjunction with the University of Nevada Medical School. Residents in psychiatry complete educational and clinical practice rotations at the Dini Townsend and Rawson Neal Hospitals, as well as in SNAMHS outpatient clinics. The majority of psychiatrists who come to work for these facilities have previously been residents. NNAMHS, SNAMHS

Emergency Response Mental Health Services – MHDS receives funding from the Office of the Assistant Secretary for Preparedness and Response (ASPR) through the Nevada State Health Division to participate in statewide disaster preparedness activities, such as mass casualty planning and advances registration of medical professionals. In cooperation with this program, MHDS provides training to staff who are then available to provide psychological first aid in the event of disaster.

DIG Grant – The Data Infrastructure Grant (DIG) from SAMHSA funds data collection requirements of the CMHS Block Grant. MHDS has most recently used this funding to support enhancement of the State's Mental Health record keeping system – Avatar. As such, all Nevada mental health agencies benefit from this grant's activities.

Performance Improvement and Quality Assurance – This program is integrated into the Mental Health and Developmental Services agencies throughout the Division. The service includes both proactive monitoring to ensure service quality and compliance with standards of relevant regulatory bodies and reactive review of unexpected outcomes for the purpose of improving future services. This activity is supported with CMHS Block Grant and State General Funds.

DEVELOPMENTAL SERVICES

Programs administered by Developmental Services are funded by a combination of State General Funds, Temporary Assistance for Needy Families (TANF), Title XX Social Services Block Grant (Title XX), Title XIX Medicaid (Medicaid), and Medicaid Waiver (Waiver). The following is a key to the various developmental services agencies that perform the below mentioned services:

DEVELOPMENTAL SERVICES AGENCIES

- 1) Desert Regional Center (DRC) in Las Vegas
- 2) Sierra Regional Center (SRC) in Sparks
- 3) Rural Regional Clinics (RRC) in less populated counties

Federal – Home and Community Based Waiver – Nevada’s Waiver for Persons with Mental Retardation and Related Conditions offers home and community-based services to assist eligible recipients who, without services, would require institutional care provided in an Intermediate Care Facility for Persons with Mental Retardation (ICF/MR). Nevada’s Division of Mental Health and Developmental Services (MHDS) administers this waiver program in conjunction with the Division of Health Care Financing and Policy (DHCFP). These activities are funded by the Waiver and matching State General Funds. DRC, RRC, SRC

Counseling – Developmental Services also performs both individual and family counseling. Counseling services are funded by State General Funds, Medicaid, and Waiver. DRC, RRC, SRC

Employment and Vocational Services – This program is designed to help identify the area of employment that best meets the needs of the individuals. These options can range from a supervised and assisted work place to employment in a community job with support staff assigned as needed. These services are funded by a combination of State General Funds, Waiver, TANF, and Title XX. DRC, RRC, SRC

Family Support – This program provides assistance to families to help them remain intact. It includes financial assistance for respite care, in-home training, counseling, behavioral consultation and cash assistance to those who qualify. Family support services are funded by State General Funds. DRC, RRC, SRC

Residential Support – There are a variety of options available to help people make choices on where they want to live. Choices include living at home with their family, living by themselves or with some roommates. Supports will vary depending on what an individual requests, needs, and can afford. Residential support services are funded by State General Funds, Waiver, TANF, and Title XX. DRC, RRC, SRC

Service Coordination – A Service Coordinator helps develop a plan based on the individual’s interests and personal goals and assists them in getting services from the public and private agencies of their choice. Service coordination services are funded by Medicaid and State General Funds. DRC, RRC, SRC

Performance Improvement and Quality Assurance – This program is integrated into the Mental Health and Developmental Services agencies throughout the Division. The service includes both proactive monitoring to ensure service quality and compliance with standards of relevant regulatory bodies and reactive review of unexpected outcomes for the purpose of improving future services. This activity is supported with CMHS Block Grant and State General Funds.

SAPTA

SAPTA services are provided by various contracted providers throughout Nevada. These activities are largely funded by the Substance Abuse Prevention and Treatment Block Grant (SAPTBG), along with matching State General Funds; however, other small funding sources are mentioned below as appropriate:

Early Intervention – This service is offered to adults for the explicit purpose of exploring and addressing problems (risk factors) that appear to be related to substance abuse while helping the individual to recognize the harmful consequences of inappropriate use and abuse of a substance or substances.

Comprehensive Evaluation – This level of service is specifically focused at evaluating the needs of adults potentially possessing both a substance abuse disorder and mental health issues.

Social Model Detoxification – This treatment provides low-intensity detoxification services for clients whose detoxification/withdrawal signs and symptoms are severe enough to warrant 24-hour structure and support. This level of care involves maintaining appropriate monitoring and observation of client behavior by trained staff to identify any detoxification symptoms that might increase in intensity and be life threatening. The funds from the State Liquor Tax are dedicated to this program.

Residential Treatment – This treatment provides a supportive in-house treatment for clients who have been identified with a substance dependency diagnosis. Treatment emphasis is on recovery skills, preventing relapse, improving emotional functioning, promoting personal responsibility, and reintegrating the client into the world of work, education, and family life.

Outpatient Treatment – This level of care is offered for less than nine hours 9 hours for adults and adolescents. Services at this level can be used to expose the client that is resistant to change to the main components of an addiction treatment process while motivational techniques continue to engage client involvement.

Intensive Outpatient Treatment – This treatment is offered to adults and adolescents who have been assessed as requiring a more intensive level of intervention. The components of care involved with this service level include, but are not limited to, a professional directed evaluation, group counseling, education, skill building, case management, and individual counseling.

Transitional Housing Services – Transitional housing is an alternative living environment for adults and adolescents where the level of care focus is on existing emotional/cognitive/behavioral issues underlying past usage, readiness for change and the client's ongoing recovery process in conjunction with an outside living environment.

Opioid Maintenance Treatment – This level of service provides Opioid substitution therapy on an outpatient basis.

Co-occurring Disorders Programs – Specializes in services for people with both mental illness and substance abuse problems. SAPTA contracts with community providers for outpatient co-occurring treatment services for adults and adolescents in both Clark and Washoe Counties.

Counseling and Education – SAPTA provides testing, counseling, and referrals to treatment services regarding HIV/TB, risks of sharing needles, risks of sexual behavior as required by the block grant set-aside funding.

Prevention – Prevention education services are also provided through 11 coalitions statewide. Prevention is broad based in the sense that it is intended to address a wide range of at risk behaviors. These services are funded with Federal block grant funds and State General Funds.

Data Collection – SAPTA also collects and reports data regarding substance abuse as required by SAMHSA. This activity is partially funded by a data infrastructure contract with a private entity which is funded by SAMHSA.